

Purpose Quite similar to the Epworth Sleepiness Scale (ESS; Chap. 29), the RSS is a 12-item scale created to assess daytime sleepiness by asking individuals to rate their likelihood of falling asleep in a variety of situations. However, the RSS is different in that it explicitly queries involuntary experiences of somnolence, while the ESS does not specify such situations. Items are divided into two categories: those situations in which falling asleep is considered appropriate and those in which it is not.

Population for Testing The scale has been validated with patients experiencing disordered sleep aged 18–71 years.

Administration A self-report, paper-and-pencil measure, the RSS requires approximately 5 min for completion.

Reliability and Validity A preliminary psychometric evaluation [1] found an internal consistency

of .94 – quite a bit higher than the consistency found for the ESS in the same study ($\alpha = .86$).

Obtaining a Copy An example of the scale's items can be found in an article published by Violani and colleagues [1].

Direct correspondence to:

C. Violani

Telephone: +39-06-49917646

Email: cristiano.violani@uniroma1.it

Scoring Respondents use a Likert-type scale ranging from 0 (“would never doze”) to 3 (“high chance of dozing”) to rate their likelihood of sleeping in situations that range from working at a desk to lying down while reading. Higher scores indicate a greater degree of daytime sleepiness.

RESISTANCE TO SLEEPINESS SCALE
(Rome Sleepiness Scale, Violani et al., 1997)

Name and Surname..... Gender.....Age.....
Occupation..... Date and time | | | | | | |h. | | : | | |

Please assess the likelihood of falling asleep or dozing involuntarily in the situations described below. When responding, imagine that you do not want to fall sleep in these situations and that you are not especially tired. Refer to your present circumstances rather than the past. In case you have not recently experienced one of the situations described below, imagine yourself in the situation, and respond accordingly.

For each situation, choose the appropriate score from the following scale:
ASSESSMENT SCALE. In the situation considered...

- 0 = I would never fall asleep unless I wanted to**
- 1 = I might fall asleep involuntarily, but it would happen only rarely**
- 2 = I would probably fall asleep involuntarily, rather often**
- 3 = I would fall asleep unwillingly, very often**

SITUATION	Rating Score
1) Lying down, reading a book or a magazine.....	
2) Sitting in the stalls, at a theatre or cinema.....	
3) Sitting to watch TV.....	
4) At home, after dinner, during a meeting with friends.....	
5) As a passenger in a car, after travelling for over 1 hour.....	
6) Driving at night, on a motorway.....	
7) In the afternoon, in an armchair.....	
8) Sitting in a waiting-room.....	
9) Sitting, after a lunch, without having had any alcohol.....	
10) Sitting, listening to someone.....	
11) Sitting in a train, bus or plane for more than 1 hour	
12) In the afternoon, studying or working, sitting at a writing-desk.....	

1997- C. Violani. Dipartimento di Psicologia -" Sapienza"- Universita`di Roma tel. +3906/49917646 labsonno@uniroma1.it

Reference

1. Violani, C., Lucidi, F., Robusto, E., Devoto, E., Zucconi, M., & Strambi, L. F. (2003). The assessment of daytime sleep propensity: a comparison between the Epworth Sleepiness Scale and a newly developed Resistance to Sleepiness Scale. *Clinical Neurophysiology*, 114, 1027–1033.

Representative Studies Using Scale